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Thai Golden Curry with Tofu

This recipe is not difficult (don't be put off by the long list of ingredients). Prepare all items in advance, including slicing the tofu. For best results, rinse the block of firm tofu, then stand it on its side and slice the narrowest edge into four slices. Then lay it flat and cut into about 2-inch cubes. This way, the slices will be only ½-inch thick and will cook more evenly.

1/3 cup light olive oil
1 small yellow onion, finely chopped
1 Tbs. fresh ginger, minced
1/2 tsp. minced garlic
1 16-ounce package firm tofu, rinsed
1 14-ounce can light coconut milk
1/2 tsp. red pepper flakes
2 tsp. paprika
1 tsp. curry powder
1 Tbs. soy sauce
2 tsp. agave nectar OR 3 tsp. sugar
1/2 tsp. salt
1 large carrot, peeled and thinly sliced
1 6-ounce package baby spinach leaves

1. Place 2 Tbs. olive oil, onion, ginger, and garlic into heated large cook pot or dutch oven. Stir occasionally until onion is transparent, about 3 minutes. Add remaining olive oil and tofu and cook until tofu is lightly browned. Add a bit more oil, if necessary.
2. Add coconut milk, pepper flakes, paprika, curry powder, soy sauce, agave nectar, and salt. Stir well.
3. Spread carrot slices on top, and add spinach leaves. Cover tightly and cook on low heat for 15 minutes. Mix before serving over rice or noodles.